



California Pulled Chicken Sammie

with Kale and Cucumber Salad

20-MIN



Pulled Chicken



Artisan Bun



Roma Tomato



Avocado



Lemon



Mayonnaise



Cucumber



Dill



Kale Slaw Mix



Sunflower Seeds

Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

HELLO SMASHED CHICKEN

Pre-cooked pulled smashed chicken makes for a quick 20 min meal!

START HERE

- Before starting, preheat your broiler to low.
- Wash and dry all produce.

Bust Out

Baking Sheet, Medium Bowl, Microplane/Zester, Large Bowl, Small Bowl, Whisk, Large Non-Stick Pan, Measuring Spoons

Ingredients

	2 Person	4 Person
Pulled Chicken	300 g	600 g
Artisan Bun	2	4
Roma Tomato	80 g	160 g
Avocado	1	2
Lemon	1	1
Mayonnaise	2 tbsp	4 tbsp
Cucumber	66 g	132 g
Dill	7 g	14 g
Kale Slaw Mix	113 g	227 g
Sunflower seeds	28 g	28 g
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1. PREP

Zest, then juice the **lemon**. Cut the **cucumbers** into ¼-inch half-moons. Slice the **tomato** into ¼-inch slices. Finely chop the **dill**. Peel, pit, then cut **avocados** and cut into ½-inch pieces.



4. SMASH AVOCADO

Add the **avocado**, **dill**, **1 tsp lemon juice**, **¼ tsp salt** and **¼ tsp pepper** (dbl all for 4ppl) to a medium bowl. Using a fork, mash **avocado** until all ingredients are combined. Set aside.



2. MAKE LEMON AIOLI

Stir together the **mayo**, **lemon zest** and **½ tsp lemon juice** (dbl for 4ppl) in a small bowl. Season with **salt** and **pepper**. Set aside.



5. REHEAT CHICKEN

Heat a large non-stick pan over medium heat. When hot, add **1 ½ tbsp oil** (dbl for 4 ppl) then **chicken**. Cook, stirring occasionally, until golden-brown and re-heated, 3-4 min. ** Season with **salt** and **pepper**.



3. TOSS SLAW

Whisk together **2 tbsp oil**, **½ tsp lemon juice** and **¼ tsp sugar** (dbl all for 4ppl) in a large bowl. Add the **kale slaw**, **cucumber** and **sunflower seeds**. Toss to coat. Season with **salt** and **pepper** and set aside.



6. FINISH AND SERVE

Split **buns** in half and arrange on baking sheet, cut-side up. Toast in the **middle** of the oven until lightly golden, 2-3 min. Spread the **lemon aioli** over the **bottom buns**. Top with the **smashed avocado**, **chicken**, **tomato** and **top bun**. Serve with the **kale cucumber slaw** on the side.

Dinner Solved!